

My Habit Tracker

Name: _____ Month: _____ Year: _____

Habits	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Morning Detox Drink																																
Daily Exercising																																
20 min Nature time																																
20 min Sunbathing																																
8 Glasses of Water a Day																																
Gratitude Journaling																																
No Processed/ Junk Food																																
No Sugary Items																																
Early Dinner (by 7:30 pm max.)																																

Remember: Big Things Often have Small Beginnings